

Effects of Hatha Yoga on Knee Osteoarthritis

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Abstract: *The goal of Hatha yoga exercises for those with osteoarthritis in their knees. Studies on the effects of Yoga on various chronic ailments have found that these activities have a good impact on these conditions. We decided to test the effects of these workouts on knee osteoarthritis because it is fairly frequent in middle-aged people.*

Keywords: Hatha yoga

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